

JIM DAILEY FITNESS & AQUATIC CENTER

Aerobics Schedule

Phone: 501-664-6976



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	6:00AM to 7:00AM	Step Aerobics Bill	Cardio Sculpt Caitlin	Step Aerobics Bill	Body Sculpt Caitlin	Turbo Kick Cynthia	8:30 AM - 9:30AM Body Conditioning Ernest
	6:30AM to 7:30AM	Yoga Wesley		Yoga Mary		Yoga Mary	
Midday	9:00AM to 10:00AM	Total Body Blitz James	Zumba LaWanna	Body Clinic Ernest	Zumba LaWanna	BootCamp Plus+ James LaWanna Lee	
	10:15AM to 11:00AM	Seniorcise Aerobics Deede		Seniorcise Aerobics Deede/Staff		Seniorcise Aerobics Ashley	
	11:00AM to 11:30AM	Seniorcise Weights Ashley		Seniorcise Weights Ashley		Seniorcise Weights Ashley	
	11:30AM to 12:00PM	Seniorcise Stretch /Tone Ashley		Seniorcise Yoga Cee Cee		Seniorcise Stretch /Tone Ashley	
	12:30PM						
Evening	4:45PM to 5:15PM		Beginner Body Sculpt Darrell		Beginner Body Sculpt Darrell		
	5:00PM						
	5:15PM to 6:00PM	Bootcamp Darrell	Total Fit Sterling Body Conditioning Darrell	Bootcamp Sterling	Total Fit Sterling Body Conditioning Darrell		
	6:00PM to 7:00PM	Step Aerobics Darrell Yoga		Zumba LaWanna Yoga			

* Class/Instructors are subject to change. Schedule can be found online at www.lrpr.org.

* Class must have a minimum of 3 participants within the first 10 minutes in order to be taught.

* Body Conditioning will take the place for any class when another Instructor is asked to fill in and is unqualified to teach that class.